



# Lake Munmorah Public School

## Term 1 Week 9

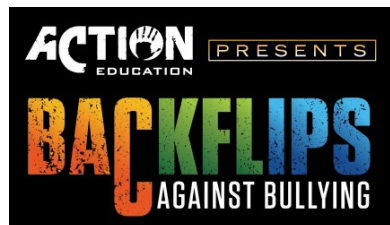


Personal Best

The big message this week was all about anti-bullying, and this was received loud and clear at the Backflips Against Bullying Show on Tuesday. There was lots of leaping and jumping, and tumbling and turning. By all accounts, the students were “wowed” by the athleticism and the antics of the three presenters Johnny, Mallory and Blake. Some were even brave enough to be part of the show, being leapt over by Johnny. Mrs Nelson even got in on the action!

Throughout the show the themes of building **resilience**, **acknowledging mistakes**, **making changes to behaviour** and **being accepting of consequences** were all delivered by the team.

**Bullying is never OK any where or at any time!**



Responsibility

### Bell Time from Term 2

A reminder to all families that the school bell will ring at 8:55 each morning to start the school day. All students need to arrive prior to this time.

Respect



## **NAPLAN**

NAPLAN will take place from the 11th-21st May for students in Years 3 & 5. Once again, students will complete the online format with the exception of the Year 3 writing test. Parent information is available via the Sentral Parent Portal or by visiting

<https://www.nap.edu.au/docs/default-source/resources/naplan-online-information-brochure-for-parents-and-carers.pdf>

If you know your child is going to be absent during this time, please advise the classroom teacher to allow for alternative arrangements to be made.

## **Sporting Achievements**

Congratulations to Mel H from 3L, who competed in the Little Athletics State Championship for her age group in Shot Putt. She did an outstanding job in her competition, in very challenging conditions, given the recent weather we have had. Mel is very proud of her achievements, as is her family and LMPS.

Well done Mel!



## **Young Leaders Day**

The leadership team travelled to Sydney yesterday to be part of the Young Leaders Day event. They got to meet fellow student leaders from other schools as well as listen to motivational speakers. They represented our school with pride and had an exceptional day.

Congratulations to all students who received an award at the Recognition Assembly for Respect this morning. As this will be the last newsletter for Term One, I wish everyone a happy Easter and a safe and restful holiday break.

Narelle Baldwin  
Principal





## **Sports News**

The rain across the Central Coast this week has resulted in all PSSA trials and fixtures being postponed. Team managers are working hard to reschedule these dates and more information will be passed on shortly. The Primary Cross Country has also been rescheduled to Thursday 29th April (Term 2, Week 2). A note for this will be sent home at the beginning of Term 2. Please keep checking Parent Portal for the latest updates and news regarding sport at LMPS.

Congratulations to  
our Term 1 Assembly of  
Recognition Award Winners



# PBL Awards - Term 1 Week 9



Class	Respect	Responsibility	Personal Best
KJ	Charlie	Jace	Lauriel
KM	Logan	Harley	Maddie
K1/V	Rocky	Oliver	Charlotte
K-6S			
1W	Charlie	Isabelle	Madison
1Z	Elijah	Areyana	Maddilyn
2L	Zane	Hunter	Kyden
2S	Nathaniel & Jack	Rosie	
2/3W	Angie	Jake	Cooper-John
K-6B		Oliver	
3C	Maddy	George	Sienna
3L	Tayden	Ava	Bella
4N	Jacklyn	Phoenix	Zara
4R	Jasper	Jaspar	Taj
K-6R			Joshua & Ethan
5C	Charlie	Emily	Ebony
5K	Kaprice	Ziggie	Jacob
6J	Teleisha	Taneisha	Lachlan
6W	Hunter	Mitchell	Oran
Library	Bella 3L	Heath 3C	Grace 2/3W
RFF	Chelsea 3L		Lauriel KJ Kai 2L Indi 4R Hunter 6W Isaac 2S
Wristbands			

## PBL News



This week classes have completed a lesson focusing on polite talk and keeping calm.

We are looking for students to be Respectful, Responsible and do their Personal Best by speaking kindly to others at all times, in all settings.

To do this, students need to:

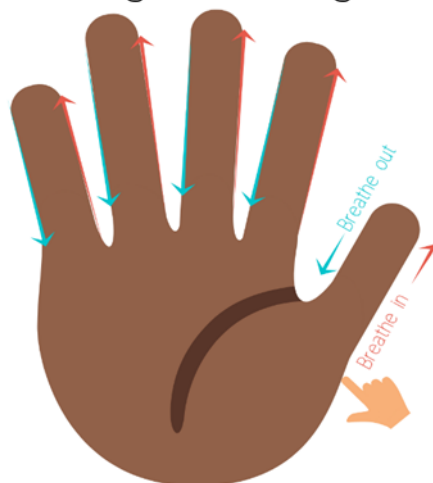
- Use kind language when speaking to others.
- Use an appropriate voice level.
- Use calming strategies when they do not agree with someone

Some strategies we can use to help manage our emotions



- Counting to 10
- 5 finger breathing
- Imagine you are in a happier place
- Stretch
- Give yourself a deep pressure hug
- Squeeze and relax your fists
- Cover your ears with your hands and listen to your heart.
- Positive self talk
- Move away from the problem
- Sing your favourite song in your head
- Change your focus. Find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste

### 5 Finger Breathing





# Primary Cross Country Update

Great news primary students! The postponement of our Primary Cross Country due to the heavy rains we've been experiencing means that you have an extra month to prepare and train! Our new date for this year's Primary Cross Country is **Thursday, 29th April** (Week 2, Term 2). Looking forward to seeing you all there after the holidays!

Christine Adamson  
Primary Cross Country Coordinator

Mel at Little Athletics  
State Championship





# LIBRARY NEWS

**Book Club** Issue 2 has been ordered. It should be back before the end of term.  
Fingers crossed.

A BIG thank you to everyone who ordered.

This term there is a **BOOK FAIR** in the library:

Friday 26<sup>th</sup> March to Thursday 1<sup>st</sup> April (last week in Term 1) AND  
Tuesday 20<sup>th</sup> April to Thursday 22<sup>nd</sup> April (first week in Term 2).  
With Issue 2 for the Book Club out, there are big decisions.....  
To purchase from the catalogue or at the Book Fair – or both??

The Book Fair will coincide with the Easter Hat Parade.

**SO YOU WILL BE ABLE TO....**

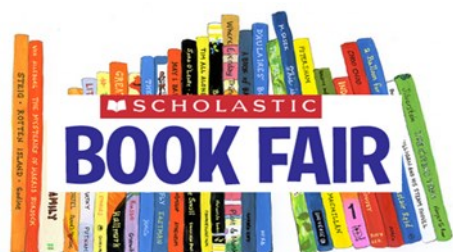


**TO THE**



**BOOK FAIR WEEK 10**

**26<sup>TH</sup> MARCH - 1<sup>ST</sup> APRIL**



**in**



**Book buying times:**

**8:30 - 9:00am and 3:00 - 3:30pm**

**and before and after the Easter Hat Parade on  
Wednesday 31<sup>st</sup> March (12:30pm)**



## **Lions Club of Gwandalan Lioness Inc** **Art and Craft Expo**



**Art and Crafts from local Artists on display  
and for Sale**

*Including a display of artwork by students  
from local schools*

**Tunkuwallin Hall—130 Kanangra Drive,  
Gwandalan**

**Supporting Lions Children's  
Cancer Research Foundation**

### **Opening night:**

**Friday 30th April—6 pm for 6:30 pm—  
Admission \$10.00**

**Includes delicious finger food and beverages.**

**Official opening by Yasmin Catley MP**

**Children  
Free**



**Saturday 1st May 9 am—4 pm**

**Sunday 2nd May 9 am—3 pm**

**Admission at door—\$2.00**

**Morning and Afternoon Tea / Coffee and Cake  
and cold drinks for Sale Saturday and Sunday**

**No Eftpos available—Cash only**

**Enquiries contact Lioness June Spencer mobile 0459 023 498**

**Proudly Sponsored by**



**Yasmin Catley MP**



# GO4FUN<sup>®</sup>

Killarney Vale  
Public School

TERM 2  
2021

WEDNESDAY  
4-6pm

A FREE healthy  
lifestyle program for  
7 to 13-year-old kids  
and their families\*

Go for healthy eating  
advice, active games  
and positive changes  
for the whole family.

Most importantly go  
for fun.

**JUST GIVE IT A GO!**

\*contact us to see if it will suit your family



Register now 1800 780 900  
or visit [go4fun.com.au](http://go4fun.com.au)



HEALTHYEATING  
ACTIVE LIVING

# Could you be the next **LOCAL SPORTING CHAMPION?**

**Would you like  
\$500 to \$750  
to help you train?**

If you're a dedicated junior sports person you may be eligible for a grant to help you pursue your sporting dreams.

**Contact  
Pat Conroy MP  
on 4947 9546**



ASC4656



**Don't miss out - Round 4 closes 31th June 2021**

For further information on the Local Sporting Champions program, including the application form and eligibility criteria, please visit



/theAIS



@ausport

[ausport.gov.au/LSC](https://ausport.gov.au/LSC)





# APRIL SCHOOL HOLIDAY PROGRAM

Build new skills and explore your passions these school holidays with our range of exciting workshops and events!

Learn more at [www.centralcoast.nsw.gov.au/schoolholidays](http://www.centralcoast.nsw.gov.au/schoolholidays).

## **Bowl Groms Skate & Scooter Skills**

Date: 6 April, 11am

Venue: Blue Haven Skate Park

## **Build Me Skate Deck**

Date: 7, 14, 21, 28 April & 5 May

Venue: Woy Woy Oval Community Arts Space

## **DJ Workshop**

Date: 8 & 9 April, 2pm

Venue: The Hub Youth Entertainment Venue, Erina

## **RSA Course**

Date: 12 April, 9am

Venue: Intercept Training, 86 Pacific Highway Tuggerah

## **Bowl Groms Skate & Scooter Skills**

Date: 13 April, 11am

Venue: Banjos Skate Park Terrigal

## **Barista Training**

Date: 15 April, 9am or 1pm

Venue: Glee Coffee Roasters, Dulmison Street Wyong

## **Discovered Workshop**

Date: 17 April, 1pm

Venue: The Hub Youth Entertainment Venue, Erina

**BE HAPPY | BE PRODUCTIVE | BE YOU**

Limited places are available.

Check school holidays page for further details.

Register at: [www.centralcoast.nsw.gov.au/schoolholidays](http://www.centralcoast.nsw.gov.au/schoolholidays)

Email us at [youthservices@centralcoast.nsw.gov.au](mailto:youthservices@centralcoast.nsw.gov.au) or call us on 02 4304 7104



**Youth Services**

XXXXXX

CONNECT | CONSULT | CREATE



## Term 2 2021 Calendar

Central Coast Family Support Services course work programs will be delivered as face to face courses. Most courses will have limited free childcare available which will need to be booked at registration.

### FREE FACE-TO-FACE PARENTING EDUCATION COURSES

Group	Date	Time
<b>123 Magic &amp; Emotion Coaching</b> <i>In partnership with Wyong Schools as Community Centre</i> <i>This group is for GRANDPARENTS RAISING THEIR GRANDCHILDREN only</i>	3 Wednesdays in a row May 5 – May 19	12pm-2pm
<b>Circle of Security</b> <i>In partnership with Gorokan Schools as Community Centre</i>	6 Mondays in a row May 10 – 21 June	10am-12pm
<b>Circle of Security</b> <i>In partnership with Peninsula Women's Health Centre</i> <i>This group is for WOMEN only</i>	6 Wednesdays in a row 19 May – 23 June	12:30pm-2:30pm
<b>Shark Cage</b> <i>In partnership with Wyoming Women's Health Centre</i> <i>This group is for WOMEN only</i>	4 Wednesdays in a row May 5 – May 26	10am-12pm
<b>Shark Cage</b> <i>In partnership with Kariong Neighbourhood Centre</i> <i>This group is for WOMEN only</i>	4 Mondays in a row May 24 – June 21	9:30am-11:30am
<b>Triple P – Positive Parenting Program</b> <i>In partnership with St John the Baptist Catholic Primary School, Way Way</i>	5 Fridays in a row April 30 – May 28	1pm-3pm
<b>Triple P – Positive Parenting Program</b> <i>In partnership with St John Fisher Catholic Primary School, Tumbi Umbi</i>	5 Mondays in a row May 10 – June 7	9am-11am
<b>Triple P Mental Health – Positive Parenting Program</b> <i>In partnership with Terrigal Neighbourhood Centre</i>	6 Thursdays in a row May 20 – June 24	10am-12pm

#### GRANDPARENTS RAISING GRANDCHILDREN WEEKLY ONLINE SUPPORT GROUP

Group	Date	Time	All Grandparents raising their grandchildren living on the Central Coast are welcome to attend. No registrations needed. For more information contact us on 43401585 or email <a href="mailto:ccfss@ccfss.com.au">ccfss@ccfss.com.au</a>
GRG Northern Support Group – Wyong SaCC; Cutler Drive, Wyong	First Wednesday of the month during school terms	12pm – 2pm	
GRG Southern Support Group – Phillip House; 21 Old Mt Penang Road, Kariong	Last Wednesday of the month during school terms	12pm – 2pm	

#### YOUNG PARENT WEEKLY SUPPORT GROUP

Group	Date	Time	All young parents aged 13-24 years living on the Central Coast are welcome to attend. No registrations needed. For more information, contact: • Josie on 0434426710 or <a href="mailto:joise@ccfss.com.au">joise@ccfss.com.au</a> • Louise on 0412210027 or <a href="mailto:louise@ccfss.com.au">louise@ccfss.com.au</a>
Young Parent Support Group – 204 The Entrance Road, Long Jetty	Fridays during school terms	10am – 12pm	

# LAUNCH STRAIGHT INTO HOLIDAY MODE



**ROCKETEERS**

Extraordinary Holiday Adventures



Every child that  
attends receives a FREE  
merchandise pack including  
T-shirt, Badge and Booklet!

## JOIN OUR FIRST MISSION



Government  
subsidies  
available for  
eligible families

**BOOKINGS NOW OPEN**

[www.campaustralia.com.au/rocketeers](http://www.campaustralia.com.au/rocketeers)

by  **Camp  
Australia**



# MISSION: LAUNCH PROGRAM

Lake Munmorah Public School

Address: Carters Road LAKE MUNMORAH NSW 2259

Phone: 0447 068 788 Program Times: 06:30 am - 06:00 pm



## ROCKETEERS

Extraordinary Holiday Adventures

**Tue**  
**06 Apr**

### Mission: Take-off

Your mission is about to launch! Don't miss our first mission briefing as we start a new journey as Rocketeers. Enjoy group activities, make a fidget spinner, meet old friends and make new in the amazing photo booth created just for you!

Full Fee \$66.57 | After Max. CCS\* \$9.98



Incursion

**Wed**  
**07 Apr**

### Operation: Eggcellent Extravaganza

An Eggcellent Extravaganza at Base Camp will see you getting creative. Explore art and craft activities to make your own creations.

Full Fee \$56.57 | After Max. CCS\* \$8.48



Base Camp Day

**Thu**  
**08 Apr**

### Project: Coders and Handball Championships

Experience four coding games, including how to code a robot with the help of a remote! Continue coding at home with Coding Cards set and a Boardgame. The challenge is then on with the National Handball Championships. Get ready for some handball action!

Full Fee \$76.07 | After Max. CCS\* \$11.41



Incursion

**Fri**  
**09 Apr**

### Adventure: Animal-Mania

Everyone has their favourite animals, see if you can find yours at the Australian Reptile Park. You may learn something new or meet someone friendly with all the fascinating native reptiles and Australian wildlife at the park! Note: Please arrive at Base Camp by 8:45am.

Full Fee \$94.07 | After Max. CCS\* \$14.11



Excursion

**Mon**  
**12 Apr**

### Operation: Wellness Retreat

Wellbeing is important to all of us and at Base Camp, we'll be highlighting the things that can be done to look after yourself each day.

Full Fee \$56.57 | After Max. CCS\* \$8.48



Base Camp Day

**Tue**  
**13 Apr**

### Adventure: Movie Mania at Event Cinemas

A cinema animation adventure to Event Cinemas brings the intelligent Danny Dawkins to a new world...where monsters live! It's time to fight them to save his new school. Note: Please arrive at Base Camp by 8:45am.

Full Fee \$91.07 | After Max. CCS\* \$13.66



Excursion

**Wed**  
**14 Apr**

### Project: Deliciously Italian

Recruit, your mission is to make a feast with pizza and gummies! Your commander and crew will supply the ingredients and guide you, on your way to make the best slice from scratch. For dessert, enjoy some vegan zesty orange gummies!

Full Fee \$74.57 | After Max. CCS\* \$11.18



Incursion

**Thu**  
**15 Apr**

### Adventure: Rainbow Race

Cross the finish line with an explosion of colour at our Rainbow Race! Get into the spirit with music blasting and cheer each other on with some fun challenges before the race. You'll be provided with your own goggles, bandana, and t-shirt on the day.

Full Fee \$95.07 | After Max. CCS\* \$14.26



Excursion

**Fri**  
**16 Apr**

### Operation: Handball Championships

The National Handball Championships have begun! Now our Crew are on the hunt for the best handball champion in Rocketeers. Winners will be off to the Regional Championships!

Full Fee \$61.57 | After Max. CCS\* \$9.23



Base Camp Day

**Mon**  
**19 Apr**

### Operation: Environmental Protection

Show your support of environmental protection in Base Camp. To mark Earth Day, you may learn different ways to preserve our environment.

Full Fee \$56.57 | After Max. CCS\* \$8.48



Base Camp Day

Visit [campastralia.com.au/rocketeers](http://campastralia.com.au/rocketeers) to join our next mission

by Camp Australia